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## 1996 PROFESSIONAL SEMINAR OVERVIEW

A later than usual date for the 1996 Professional Seminar—July 27 to August 2—brought the blessing of unexpectedly mild temperatures. This was fortunate, since the creative juices of the group participating in *Hemi-Sync: The Inner Information Highway* quickly came to a boil. The Seminar theme reflected the process of melding the inner and outer information highways in the service of individual and collective expansion.

Beverly Rubik, PhD, director of the nonprofit Institute for Frontier Science, developed this theme from a wide-ranging perspective in her keynote address, "Is Information the Key to the Human Healing System?" The week was launched by her overview of an emerging science of subtle effects in biology and medicine which shows life to have meaningful interactions with low-level electromagnetic fields and other soft stimuli which may profoundly affect biological regulation and healing. It is a very short intuitive leap to include Hemi-Sync in the category of such soft stimuli.

From this beginning, we proceeded to an examination of the spectrum of peak and other exceptional experiences during the *GATEWAY VOYAGE*, followed by a report on pilot research into Hemi-Sync effects on performance of a laboratory vigilance (attention) task and discussion of the experimental design. The first day concluded with an overview of the activities of the Center for the Study of Complementary and Alternative Therapies at the University of Virginia and a summary of collaborative projects under development with TMI, as well as preliminary data on the neural bases of binaural beat stimulation.

The orientation then shifted to application. Listeners discovered the power of *METAMUSIC* as seen through the eyes of its creator, and those of a career educator and a speech/language pathologist who use it extensively. The chief of the endocrinology section at a Department of Veterans Affairs Medical Center held the audience spellbound with the story of her personal experience in Institute residential programs and PREP (Personal Resource Exploration Program) sessions—experiences which transformed the way she cares for patients. By this time everyone needed to engage the body as well as the mind. This need was met by an interactive workshop presentation for healing oneself, others, and the planet with Hemi-Sync.

Re-entering the challenging domain of the clinician/researcher, we heard encouraging results from incorporating Hemi-Sync into a substance abuse counseling program for Native Americans in Sitka, Alaska. As if Alaska were not a sufficiently exotic locale, the following presentation covered practical approaches for literally spreading Hemi-Sync "around the world."

The two final, highly complementary presentations demonstrated how integrating subtle levels of awareness can make a qualitative difference in major rites of passage and our daily lives. "*OPENING THE WAY to New Life*" explored the fascinating connection between a birthing mother's state of mind—really her "state of consciousness"—and favorable birth outcomes. A cornucopia of stories from the front lines of family therapy affirmed the Hemi-Sync advantage in dealing with painful,

persistent relationship melodramas.

Feature Presentations were interspersed with a variety of engaging Open Forum sessions. An introduction to the concept of *temenos* (sacred space), to the process of its creation, and a description of the optimum *temenos* environment culminated in the construction of a labyrinth. The intricate, inward-spiraling design was outlined in native stones. It remained in place throughout the week and became a popular locus for group and individual activities. Immersion in the sounds of the *digeridoo*, a traditional Australian aboriginal instrument, was a revelation. The sonorous tones bore a striking resemblance to the familiar reverberation of binaural beats! From the ancient *digeridoo* we segued to the story of carrying the Hemi-Sync technology into the old-world atmosphere of Slovakia. Concluding sessions juxtaposed a proposal to formally investigate the cultural impact of TMI program attendance and a mesmerizing account of how one program participant's experience mandated a total revision of his self-perceptions.

President Laurie A. Monroe led interested members in further defining TMI's vision and mission in specific relation to the Professional Division. Some found it valuable to schedule PREP sessions during the week. The last day was devoted to a generous helping of tape exercises from the new *HEARTLINE* program, a delicious evening meal prepared by the dedicated Center staff, and a rollicking romp to the music of *The Naturals*. This year's conference blended the newest and the oldest in a harmonious counterpoint which preserved and enhanced the best of both.



## USING HEMI-SYNC TAPES TO REDUCE SURGERY-RELATED ANXIETY: A CASE DISCUSSION



by Arthur D. Haggerty, PhD, FAIS

Arthur D. Haggerty is a clinical and health psychologist with forty-five years' experience. He recently moved from North Palm Beach, Florida, to Westchester County, New York, where he now operates Stress and Chronic Pain Management, Ltd. He is presently drawing on his extensive knowledge of effective treatments for stress and chronic pain to prepare publications and develop tapes for the general public. Dr. Haggerty, a Professional Member since 1990, has a related interest in stress as a factor in the etiology of Alzheimer's disease.

## Human Beings and Surgery

Ever since the earliest days of humans' existence on earth they have been fearful of surgery—deliberate cutting into the body. In the beginning, prior to today's high technology and scientific methods, surgery closely resembled the invasive trauma of battlefield wounds or other injuries. Medical research indicates that a significant amount of patient pre-, intra-, and post-surgical anxiety is still prevalent. The medical literature is replete with the wide range and severity of anxiety-related complications, even including the patient's unexpected demise.

It is impractical for surgeons to use overwhelming chemical sedation to tranquilize and then anesthetize patients since this could well jeopardize their general physiological functioning. In addition, it has been discovered that hearing is the last sense to go before we lose consciousness. In fact, patients can continue to hear even under general anesthesia! Therefore, what patients hear *during* their surgery can be a rich source of anxiety. For this reason the pleasant sounds of music have been used to reduce such anxiety. (The research data upon which this article is based are found in the journal reference listed at the conclusion. That reference contains fifty-four other closely related research citations.)

Numerous researchers have studied the beneficial effects of what has been termed "anxiolytic" or anxiety-reducing music. Such music must be slow, soft, and gentle enough to calm a person. Research has also shown, however, that such music must not be familiar. Such selections might have negative memories or associations which could be harmful to the patient. Reports also indicate that it is wise to avoid melody which may "program" the listener.

It is obvious that The Monroe Institute's Hemi-Sync *METAMUSIC ARTIST* tapes meet all of these criteria to the fullest degree. Unfortunately, they are omitted from the research literature on anxiolytic music.

### A Case Discussion

In my clinical practice I treated a female patient who successfully underwent neurosurgery of her neck and made a positive postoperative recovery. Three years previously she received two severe neck injuries in close succession. One occurred in an automobile accident and the second was caused by being mugged. Both caused severe cervical nerve damage with extensive pain, among other related symptoms. Despite advice from her physicians that remedial cervical neurosurgery was very urgent, the patient had such a high level of anxiety that she avoided having the operation for three years, at great risk to her whole spinal cord. She entered cognitive/behavioral relaxation therapy with me for stress and chronic pain management.

I followed my standard clinical approach: seeing her in cognitive therapy sessions to support a realistically positive attitude change and providing her with a "kit" of assorted Hemi-Sync *METAMUSIC* tapes for continuous home use between sessions. The tapes quickly and effectively enabled her to reduce her high anxiety level significantly. As this patient came closer to agreeing to undergo the urgent, necessary surgery, I created a binaural-beat stress inoculation tape for her. This content-specific tape contained a guided visual imagery scenario—a series of mental/imagination scenes of her successfully experiencing the complete surgical sequence. (See "Developing Stress Hardiness by Induced-Stress Inoculation," by Arthur D. Haggerty, *HEMI-SYNC JOURNAL*,

17, no. 4 (fall 1995): iv-v).

The patient responded so well to this therapeutic approach that she finally agreed to and underwent the surgery. She insisted on one firm stipulation with her neurosurgeon: that she be permitted to use her small tape player and wear earphones to listen to Hemi-Sync tapes throughout the whole operation. The doctor was only too happy to comply, and she progressed through the procedure without the slightest difficulty. Just as importantly, afterward this patient not only praised the effectiveness of all the tapes but also realized that she was learning how to control her anxiety and chronic pain level through her own efforts!

#### Summary

In conclusion, I'd like to advance the concept of a "kit" containing general and individualized audio tapes. The kit would include written instructions incorporating cognitive therapy approaches that I have used regularly in the practice of stress and chronic pain management. The Hemi-Sync system is at the heart of this approach, plus tapes with similar features that are personalized for the unique problems and symptoms of each patient. All of my patients and I have been impressed and pleased with the results.

#### Reference

Rodgers, Linda. "Music for Surgery." *Advances: The Journal of Mind-Body Health* 11, no. 3 (summer 1995): 49-57.




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## STORIES FROM THE FRONT LINES: HEMI-SYNC IN FAMILY THERAPY

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by Debra D. Davis, MEd, LPC, LMFT

*Debra D. Davis has practiced as a counselor for nineteen years and is licensed in Texas as a professional counselor and marriage and family therapist. Her caseload includes contract counseling with a community agency, consultation with entrepreneurs seeking to more productively manage their business and personal relationships, and private clients. Attending the GATEWAY VOYAGE and GUIDELINES made Debra aware of the potential for using Hemi-Sync in her work. She has been a Professional Member since spring 1995.*

My stories come from a variety of sources. I find it's necessary to check periodically on how each person is using the tapes. Seldom do any of my clients, colleagues, family, or friends truly realize the uniqueness and potential value of the Hemi-Sync sound technology. At first some of them say that they have tried "some of those relaxation tapes and CDs with nature sounds." I ask if they are Monroe Institute tapes, and usually they're not. Then I

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### A client . . . recently told me she had just made a connection between smoking her last cigarette before surgery seven years ago and having used the *SURGICAL SUPPORT SERIES*

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demonstrate and explain the tones that make The Monroe Institute tapes and CDs unique. *Time Out for Sleep* is my favorite for this purpose. Those who immediately experience a definite and dramatic change with their first use of Hemi-Sync are more inclined to keep using it regularly. Most of the time, however, changes seem like they might be due to some other influence—at least for a while. Casually, I encourage them to experiment by noting any differences when they skip a day, night, or more of listening. It is sometimes hard to determine for sure what combination of influences is responsible. It seems like we need to prove to ourselves many times that something so simple and effortless can create such profound changes for the better.

A client who has worked with me off and on for nearly twenty years recently told me she had just made a connection between smoking her last cigarette before surgery seven years ago and having used the *SURGICAL SUPPORT SERIES*. She listened to the tapes prior to and for four weeks following the surgery. I had only inquired about the surgery and her recovery at the time and was pleased that she came through it remarkably well and with little use of pain medication. She described trying to quit smoking numerous times and even stopping for up to three years—only to begin again under stress. She remembered thinking she'd like to smoke a cigarette about two weeks after she stopped listening to the tapes. The thought that followed, immediately and effortlessly, was, "Well, I've gone this long without a cigarette. I guess I can go without one for the rest of my life." And now it's been seven years!

A mother in a prolonged and extremely stressful situation took *Surf, Catnapper, Cloudscapes*, and *Remembrance* on trial. She reported that her young daughter was lying, stealing, sleeping poorly, and crying about being alone at bedtime, as well as acting jealous of her younger brother (teasing him and being babyish, insisting on all the attention even if it was negative). The dark circles under their eyes testified to their mutual exhaustion. The mother returned the tapes two weeks later at our next scheduled appointment with the comment, "They didn't do any good." Mother and daughter both looked rested and were acting more congenial with one another, so I asked for specifics about any

changes in the previously reported problems. Mom said that the crying, lying, and stealing had stopped. Her daughter was sleeping through the night and had no problems at bedtime. She started to smile at me midway through this litany. "Oh, I see what you mean. I've also been able to set up a chart of chores and spell out the consequences clearly for not accomplishing them. Plus, I'm now being consistent with it." The child seemed relieved as she hugged me at the beginning and end of the session. Several months passed, and I did another follow-up to see which tapes they were using and how frequently. Once again there were a number of complaints about the child's behavior. When I probed further it turned out they'd discontinued the tapes for several weeks. I recommended *Portraits* for sleep and suggested starting each morning with *Remembrance*. Unsurprisingly, things smoothed out within a week after tape use resumed.

Surgery was necessary for a client's mother who is in her early eighties. Three weeks later my client checked on her mother and found that she was stoically bearing severe pain. My client insisted that her mother make a doctor's appointment for the next morning, then called me to see if *Pain Control* was available. The client had had great success with the *SURGICAL SUPPORT SERIES* weeks before. I gave her *Pain Control* plus *Energy Walk*. Listening to *Pain Control* that night gave her mother the first full night's sleep since the surgery. According to my client, her mother

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**Mother and daughter seemed like completely different people at that second session. They talked amicably about even the very difficult subjects.**

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commented, "There's something in that, something to it. I didn't hear a lot of it. I went sound asleep and was okay. I slept from 10:00 P.M. to 6:15 A.M. I'm usually up two or three times at night. The pain's gone." Her mother then postponed seeing the doctor until two days later when it was more convenient. The morning of the appointment she listened to *Pain Control* once more and was pain free when she saw her physician. Several weeks later my frustrated client was exclaiming, "If it weren't for Hemi-Sync, I don't think my mother would be surviving now. Yet, just this past weekend—as mother and I were driving in the car—I became aware she was stiffening up periodically and breathing in sharply. I asked her if she was in pain and she reluctantly agreed. I asked her if she had tried using the Hemi-Sync numbers cue. She said she had, but it wasn't working. I knew by now to ask *how* she was using it. Sure enough, she wasn't breathing in, focusing on the painful area, thinking the numbers, then exhaling through her mouth. I insisted she practice it as it had been coded and hold the thought that it had been successful many times before and could be again. She finally did and was pain free for five days. Then she forgets to use it! It is so frustrating to me when it is so easy and there are no side effects as with medication."

Two sisters, ages eight and five, had endured over three years of a horrendous custody battle—primarily between their father

and their maternal grandmother. The final court date was coming up in a few weeks. Although the father and stepmother were careful not to discuss adult business in front of the children, the grandmother and mother were manipulating them shamelessly with inappropriate information. The stress level was building, creating sleeplessness, nightmares, and a constant state of discomfort for the girls. When the stepmother called for help, I sent them home with *Flying Free*, *Sleepy Locust*, *Cloudscapes*, and *Surf*. The parents said the first two worked great and the other two not at all. It's possible that the children needed to hear a male voice to ground and comfort them, and that the other two tapes gave them nothing on which to focus their minds, creating anxiety. Curiously, once the crisis was over and the adults were behaving themselves for the first time in years, the girls didn't want to listen to the tapes at all anymore. Perhaps they were reminders of a very bad time? *Remembrance* is still used for homework, however.

A mom and her teenage daughter were having problems. The father had been barred from the home months before for molesting his daughter. The daughter had not received counseling at that point and was exhibiting depressive symptoms. She cried easily, frequently avoided her friends, and was short-tempered with her mom and brothers. *Remembrance* and *Deep 10 Relaxation* were provided with instructions to saturate themselves in Hemi-Sync night and day. The next week revealed remarkable changes in both of them. The mom said her daughter was more relaxed (as was she) and actually wanted to listen to the tapes. She even made time to listen to them. The daughter yelled less at her mom and brothers. The school year ended and the routine changed. The daughter stopped listening to the tapes and within two weeks was experiencing distress. Asked to rate her own sense of well-being on a scale of one to ten, she said when she first came to counseling it was between two and three. That rating increased to between eight and nine while listening to the tapes regularly. Presently, she felt she had slipped to between a six and seven. Summer school began the next day and would introduce a regular routine. It was clear to her that the tapes had a positive influence on an inner level, helped her focus, and as she put it, "knock me out at night." Amazingly, only two weeks later she reported being "too busy to listen to the tapes lately" and ranked her sense of well-being at around a four. This gave me an opportunity to explore why she wasn't listening. It helped open up other facets of the issues we'd examined before but now needed to address in more depth.

Recently I had one session with a mother and daughter. The daughter is fifteen years old and had been hospitalized owing to suicide threats. It was her second hospital admission in two weeks. During the session the pair argued constantly. Most of the time the daughter stayed curled in a fetal position in her chair, clearly in a great deal of distress. She had recently made an outcry against prolonged sexual abuse initiated at age seven by a stepfather who had threatened murder if she told. The female voice on *Energy Walk* seemed like a good choice for her. To fill the mother's need for support, I chose *Deep 10 Relaxation*. I knew intuitively that *Remembrance* needed to be played in the car and constantly in the background at home. Things were so bad that nothing would be accomplished in counseling without tape homework. In the month before we could schedule the next session, I checked on them weekly by phone. They were using the tapes, said that they "loved" them, that the daughter was "really" improving and much



calmer, and that they were getting along better.

On the second visit the daughter confessed that she disliked the talking on *Energy Walk*, but listened anyway because generally she felt so much better afterward. They took *Portraits* home and returned the other three titles. The mother planned to purchase them with her next paycheck. Mother and daughter seemed like completely different people at that second session. They talked amicably about even the very difficult subjects. The daughter never once assumed a fetal position, eye contact was direct, and she was much more relaxed. When they returned for the third time, the daughter said that *Portraits* did not work well. She would awaken feeling that someone was knocking somewhere in the house and walking through her room. She immediately startled even if her mother came in to check on her during the night. So we are currently experimenting with *Surf* and *METAMUSIC ARTIST* Volume 2 containing *Prisms* and *Midsummer Night*.

The mother's paramour had complained about her listening to the tapes. Then came a week without them. He asked if she was on her way to counseling. Upon confirmation, he asked her to borrow the tapes for another week until they could buy them on payday. This woman can also dispense with water retention and nerve medications when she is on a consistent Hemi-Sync regimen. She perceives a dramatic difference with the audio support.

Now Hemi-Sync plays during all of my sessions and creates an ambience in which counselor and client can accomplish more on many levels. I have seen repeatedly that most people need the tapes. My part is to follow up and find out how and when they are using them. Asking, "What has changed?" with a relaxed and interested attitude, enables clients to see connections between using the tapes and differences in their lives that might be attributed to Hemi-Sync.



## RESEARCH RESOURCE

A comprehensive research manual tailored to the needs of Professional Division members is now available. "A Guide for Potential Collaborators with the Center for the Study of Complementary and Alternative Therapies—University of Virginia" is the cooperative effort of CSCAT Research Director Justine Owens, PhD, and TMI Professional Members who reviewed and commented. Members planning formal research on the effects of the Hemi-Sync sound technology should avail themselves of this resource. Send requests to Justine E. Owens, PhD, Research Director, CSCAT, McLeod Hall, School of Nursing, University of Virginia, Charlottesville, VA 22903. jeo8n@virginia.edu is her address for requests by e-mail.



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